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NORTH AMERICAN PHARMACAL Inc.

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May 3, 2005

Office of Nutritional Products, Labeling, and Dietary Supplement (HFS-800)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740-3835

Madam:

In order to comply with Part 101 Food Labeling, Subpart F Specific Requirements for Descriptive Claims that are Neither Nutrient Content nor Health Claims, I am submitting the following:

The name and address of the distributor of the dietary supplement that bears the statement is:

North American Pharmacal, Inc
12 High Street
Norwalk, CT 06851

The text of the statement that is being made is:

Methyl 12 Plus®

Formulated by Dr. Peter D'Adamo to help support a healthy metabolism, nervous system, and healthy homocysteine levels. This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Directions: 1 (one) capsule a day, or as directed by your physician, as a dietary supplement. Do not exceed the recommended dose.

The name of the dietary supplement is: The Blood Type Diet®, Methyl 12 Plus®

I certify that the information contained in this notice is complete and accurate and that North American Pharmacal, Inc has substantiation that the statement is truthful and not misleading. If there is additional information required, please let me know as soon as possible.

Sincerely,

Martha Mosko D'Adamo
President

12 High Street, Norwalk, CT 06851 U.S.A.
Phone/ 203-866-7664 FAX/ 203-838-4066

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